

PENRITH YOGA Studio

Timetable

Beginners Pass?
See the blue classes.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15am-8am Beginners Course		7:15am-8am General	7:15am-8am Foundations	7:15am-8am General		
					8:30am-9:45am General	8:30am-9:45am General
10:30am-11:45am Foundations			10:30am-11:30am Beginners Course	10:30am-11:30am Beginners Course	10am-11am Beginners Course	10am-11am Plus Size
5:45pm-6:45pm Beginners Course	5:30pm-6:45pm General	5:30pm-6:45pm General	5:30pm-6:45pm Foundations	6:30pm-8pm Rest & Restore (2 nd Friday of the Month)		
7pm-8:15pm General	7pm-8:15pm Foundations	7pm-8pm Beginners Course	7pm-8:15pm General			

This timetable is accurate as of 28 September 2018. Please confirm any specific class and date at penrithyogastudio.com.au/class-timetable. Bookings Required.